



#559 Glutathione: The Master Antioxidant to Fight Disease, Slow Aging, and Increase Energy with Dr. Nayan Patel

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. Today, we have a great show and it's all about glutathione. I have my guest, Dr. Nayan Patel, on the show, and we're going to talk about the glutathione revolution, how to fight disease, slow aging, and increase energy with the body's master antioxidant. We're going to make a lot of distinctions on this show about glutathione. We're going to look at transdermal versus oral, liposomal and IV. We're going to talk about all the many benefits of taking glutathione, like increased energy, better sleep, better mental clarity, and dramatically improved detoxification, and how glutathione is the body's master antioxidant that helps reduce all this oxidative stress that's a result of all the many toxins we're exposed to in our environment, in our air, food, and water every single day. After the age of 30, your levels start to plummet. Definitely after the age of 40, you need to be taking glutathione every single day, but the form matters. So, we're going to be talking all about that on the show today. We'll talk about how glutathione can dramatically improve and prevent a lot of different chronic health conditions that people have and just many other distinctions about glutathione and what you can do to improve your levels.

Our guest today, Dr. Nayan Patel is a sought-after pharmacist, wellness expert and thought leader in his industry. He's been working with physicians since 1999 to custom-develop medications for their clients and design a patient-specific drug and nutrition regimen. He's been the pharmacist of choice to celebrities, CEOs and

physicians, and recently published his first comprehensive book, "The Glutathione Revolution: How To Fight Disease, Slow Aging, And Increase Energy." After 11 years of clinical research on the master antioxidant glutathione, Dr. Patel and his team developed a patented technology to deliver glutathione topically, changing the game on how to best absorb glutathione systemically. From his technology, he additionally developed the ROGSH Antioxidant delivery system to create a skincare line to deliver antioxidants more efficiently and effectively than ever before at potent concentrations. You can learn more about Dr. Patel's glutathione called Glutaryl at aurowellness.com, and use coupon code Wendy 10 to get 10% off as well. Nayan, thank you so much for joining the show.

Nayan Patel

Well, it's my pleasure to see you again.

Dr. Wendy Myers

Dr. Nayan, you are the founder of Auro Wellness. Why don't you tell us a little bit about your work, your extensive decades long research into glutathione as well.

Nayan Patel

Absolutely. My work as a pharmacist has always been trying to find better solutions, better products, better ways to help deal with patients' problems. There are always physicians out there looking for better solutions and they turn into pharmacists to say, can you give me something to help this person? When we go back to our drawing board, we always find something to take care of the symptoms but really not address the problem itself. And so, when I get all these questions, I always go back and say, hey, what's the root cause of the problem? I take the root cause and that's where my research led me to glutathione. I said, hey, if I can work on this one molecule, I think I can address a lot of issues from actually happening in the first place and hopefully they'll delay the onset of many diseases that we see today in this world.

Dr. Wendy Myers

Glutathione is the body's master antioxidant. That's kind of what it's known for. Can you tell us what glutathione is exactly and its role in detoxification?

Nayan Patel

Glutathione in a simplest term, it's a combination of three amino acids coming together in a particular sequence, glutamine, glycine, and cysteine coming together and making into this tripeptide, so to speak. This tripeptide is named as glutathione. We have thousands of different peptides our body produces, but this is one of the simplest forms and is by far the most abundant produced peptide in our body. You asked me about detoxification because there's a two-part problem with detoxification. One is we had to find the molecule inside the body and the second part is we had to somehow get rid of it after we found it. That's phase one and in phase two detoxification comes into play. Glutathione has a major role in both components, that is finding chemicals inside our body or the metabolites or whatever that we have, and then conjugating them and somehow make them water soluble or make them available for the body to discharge via urine or via feces. Either way, the body's able to get rid of it. It is in both processes.

Dr. Wendy Myers

Okay, great. So, let's talk about why it's so important to supplement with glutathione. Why are people's levels low today? Are they using up all their glutathione because there are so many toxins they're exposed to and ingesting in our environment? Why are people low today?

Nayan Patel

I don't want to make a blanket statement that everybody's low on glutathione, but I do want to preface that, hey, if in this modern-day society, we are not able to part ways with a lot of modern day conveniences that we are accustomed to. If we cannot get rid of those modern day conveniences, then we are going to be fighting against nature or dealing with low glutathione levels. Exposure to sunlight, exposure to pollution, toxicities, all those things are actually depleting glutathione levels. Then what we have is people are consuming alcohol and alcohol is known to get rid of glutathione levels out of your body. All those things deplete our glutathione levels. Now, the body can keep up with the demand and produce as much as it wants as long as it has the enzymes, amino acids, substrates and all those things available to the body to produce it. But what happens is that our diet is also not pure. How much

amino acids are we missing from our diet? The Standard American Diet, which we call SAD, is depleted of essential nutrients, amino acids, and things like that. So, if the body's not getting the amino acids from the diet that we eat on a daily basis, how is the body going to produce anything? I always say it's a multifactorial problem. I wish there was just one good answer.

Dr. Wendy Myers

You mentioned that one of the components of glutathione is glycine and a very common element in our environment is glyphosate. That's the Roundup Ready weed killer that's in all of our foods. It's in most of the conventional foods and even can be found in organic foods if it's near a conventional farm. Glyphosate is known for displacing glycine in our bodies. So, it seems reasonable to postulate that the high levels of glyphosate that we're exposed to would reduce glycine and therefore reduce glutathione production in our bodies or synthesis.

Nayan Patel

It is, and glycine is one of the most abundantly available molecules to a human diet. So, we should have plenty of it. We should, but then why are we having a deficiency? You are right. Glyphosate is one of those things that is widely spread in our agribusiness in the United States. If you think that you're not, that you're immune from the problem, you're not. No matter what foods you eat, there's always going to be some components in there that have glyphosate in there. So, understanding that we are not going to let go of some of our diet choices helps to figure out how to supplement them correctly.

Dr. Wendy Myers

In your professional opinion, you've been researching glutathione for 25 years. You've written a book about it as well. Do you think that most people need to supplement with glutathione?

Nayan Patel

I would say the majority of the people are going to need some form of supplementation starting at the age of about 30-ish. I always say roundabout numbers because who knows somebody has a very clean diet and they may not

need to supplement until they're 35 or 40. Certainly, I would say majority of the people are going to be glutathione-deficient by the age of 40. So, between 30 to 40 is kind of a gray area. If you feel like you are having that creepy forgetfulness, your energy levels getting lower, you're not feeling all yourself or you started getting some dark spots on your skin because of overexposure to sunlight, that's all the oxidative stress increasing in your body. It's a sign to either replenish glutathione levels or change your diet to increase those amino acids in your diet so that your body can produce enough glutathione.

Ads 00:10:23

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

There are a lot of different forms of glutathione and I think that people need to be very careful when they go to purchase a glutathione supplement because the form really matters. You produced a spray form that's transdermal, which is just absolutely brilliant and it took you a long time to figure all of this out. Tell us about the transdermal form and why that's important versus say the oral form. People can take IV glutathione, they can take a supplement, which I read that we don't absorb that very well. Can you just explain that a little bit more?

Nayan Patel

Absolutely. So first of all, I'll just let you know that all forms sort of work inside your body. All of them do intravenous or capsule works. Most of the forms of glutathione actually do work part of it. Not a hundred percent, but it does work part of it, especially if you're otherwise healthy and you don't have any gene mutation that your body is not able to recondition glutathione. You should be okay to produce your own glutathione whatever amount that is. So that being said, the reason people do supplementation is because they're not 100 percent sure that the body is able to keep up with the demand. And so, the question always becomes, hey, when you want

to supplement, you want to supplement more than what your body can produce, because if the body can produce enough, then there will be no need for supplementation. So, when you take all these forms of glutathione, the oral, the intravenous forms, and the various components of glutathione that people consume, the rate limiting factor is still your body's ability to produce glutathione. When your demands are so high that your body cannot produce enough, there's always a gap.

The gap is what I would like to close. There's always been a quest of mine to figure out a product that actually gets absorbed completely intact without getting denatured. What does that mean? Peptide tripeptide is not a protein but it's a small enough amino acid chain the body senses as an amino acid chain. It'll try to break it down and then it'll absorb all the components it needs and the body will have all the processes in place to make all the peptides it needs to produce for itself so when you take glutathione, you'll break into those three amino acids absorbs a cysteine or glycine or glutamine, whatever it needs, and then use those components to remanufacture glutathione inside your body.

There were numerous studies done to show that, hey, when we take glutathione by oral or intravenous route, your body is actually breaking this thing down and reabsorbing them, and eventually the levels are going up higher. So, you're getting the results. As a physician, as a pharmacist, I want results. As soon as I get the results, does it matter how I got there? Sometimes it does not, but for me, it wasn't enough because it was not getting results for a hundred percent of the patients. The question then is, how can I help each and every one of my patients that needs clear thought? There's a quest for the topical version and it happened to be topical. I didn't go to make a topical product by all means, but the science led to me saying that, hey, this has to be going topical. Any other form will get broken down by the human body. And so, when we first made this first product available in 2007, it just so happened to be a topical version. When we put that topical on the skin, we saw the absorption is really, really fast. We were able to do the blood levels and see the absorption within 15 minutes and that really changed my thinking, I said, hey, now what?

Going back to the literature, there was nothing available for me to read up or to go back and say, hey, based on this study, we should do this. Nothing in the world was

that. I scoured the whole world. Of course, we had to apply for a World Patents Audit, which we have received so far seven patents on it from here to China to Japan and rest of the world yet, but that means that all the work was supposed to be done by somebody and nobody's going to do this work except for me. I spent another 13 years of my life trying to figure out how much to give you, how often to give you, what's the half-life, what's the duration of action inside your body and what dose can I give you to get the high blood levels that I'm looking for? All those things I have to figure out. Once I figured those out, then the second step was, okay, can I help with patients with some conditions? Again, I can go for the rest of my life and more to keep it up, figure every single thing out but my job started at trying to get this stable molecule and figure out how to get inside your body and at what dose. I'm at this point that I figure those portions out now, the rest is still next few years now.

Dr. Wendy Myers

What is the name of your product again? You can find it at aurowellness.com. What is the name of it?

Nayan Patel

It is Glutaryl, and I'm so sorry about the name because my scientific brain could not figure out the name of a product. I just use a chemical name. It's called Glutaryl. I mean, if you just put Glutaryl in your search engine, it's going to show up some amino acid, some enzyme inside your body. It's nothing novel, but it just called me on it.

Dr. Wendy Myers

You can go to aurowellness.com. That's simple enough. My concern with the IV glutathione, which one is expensive? It's usually 150 plus dollars to do that, but you can OD on this stuff. You can get too much of a good thing where some people may not react very badly to forcing a high dose of glutathione into their bodies and it's just a genetic thing. Some people can get too much of a good thing. Can you talk about that?

Nayan Patel

Yes, you're right. You don't want to OD on glutathione ever because your body needs to be in oxidative stress a little bit, but doesn't have to be too much, but zero stress on

your body. Your body actually regresses. It's not resilient enough to fight all your own problems. We don't want to have too much of glutathione. Too much of a good thing is also not good for us. IVs can actually help us get there, but as I said earlier, IV gets broken down pretty easily and the body will take those amino acids and produce its own glutathione levels. But keep in mind that some countries have approved intravenous form of glutathione as a treatment option for patients taking cisplatin induced neuropathy because of a chemotherapy drug. It's a platinum drug that they use as a chemo drug and it induces peripheral neuropathy and nullifies the neuropathy to get enough platinum out of the body.

Some of the countries have approved intravenous form of glutathione at a high dose to minutes for short term and they know that part that the action is only 15 to 20 minutes is out of the system anyways after that. So, they could easily approve that portion for that one particular indication only. With the topical version, you could because it doesn't get broken down. So, there's a good chance that you can actually go more than what your body's needs are. And so, we had to figure that portion out as to what dose. If you use a Glutaryl, which we recommend four sprays twice a day, you're going to get the level high enough, but never go over physiologic levels of glutathione. As long as you stay within the range, you should not have any concerns or any issues going overboard.

Dr. Wendy Myers

Yeah, that's brilliant because it's not sustainable long term to do IV glutathione as much as you're going to need to do that and as often as you're going to need to do that. And it's certainly not pleasant in my opinion, but you need to be able to dose it at home twice a day, do something that's really easy and simple to do and it just absorbs into your skin. I like liquid and transdermal supplements more and more and more. I don't like taking capsules and pills so much like I used to, but it just makes it a lot easier to be compliant and take this type of detox supplement that you need on a regular basis to get the amounts that you need.

Nayan Patel

No, thank you. I appreciate that part. But yes, at one point, 10 years ago, I was taking 30 plus supplements in my hands. I think people are getting tired of taking too many

supplements and so they are asking you this question, I said, hey, Dr. Myers, how do I detox myself? And I'm assuming that you're helping them with diet and other modalities to help detoxify themselves rather than just taking a whole bunch of supplements every single day. There's something called peel fatigue. It's already happening and having something topical, even though it wasn't the plan, it's still a little bit better option than pills out there.

Dr. Wendy Myers

What about liposomal glutathione? That's gotten more and more popular, but I still feel the same way. Liposomal supplements can force their way into your cells where they created them because it's easier to get across that lipid barrier of your cell membrane.

Nayan Patel

It is and liposome is a great technology for a lot of different chemicals. I was fortunate to work with the original patent holder for liposome technology because he had pharmaceutical medications available. And then he came to us back in the late nineties and said, hey, can you help me create a nutraceutical line for using liposome technology? So, we were one of the very first few people that made liposomal glutathione back in 1999. We made vitamin C, CoQ10. We made some few products out there and of course, the person that holds the patent holder went ahead and sold all the other products to some other companies because we were not interested in making glutathione because we quickly found out that it worked, but it doesn't work on all my patients. I said, why is this not working? In 2011, there's a study done at the University of Texas in Austin. They took 26 kids on a spectrum disorder of 13. They gave them oral liposome glutathione and 13, they applied the glutathione transdermally. For the liposome technology product, because it gets to the lipid membrane pretty easily, they thought that transdermal should as well. Both cases, what they found out was there was zero increase of glutathione immediately after taking this product. What they did see was an increase in all the three amino acids.

What we found out was that it doesn't matter what technology product that you use, the body's going to break it down and then the body's going to reabsorb the cysteine

and take it inside your body and then use that to make the product. That was in 2011, which was way after I did all my work because I did not know what was happening at that time. What I didn't know, the glutathione was not getting absorbed. So, I had to figure out how to cover the glutathione molecule that your cells can actually accept as is without breaking down and then let it unfold inside your cell. What we use is a very novel system. We use polysaccharide molecules, like sugar type molecules, and those molecules have receptors on your cells to accept it as is. And inside that, we stuffed it with glutathione. And so, like a Trojan horse, we got the glutathione into the body. Once again, inside the cell, it opened up and did work. The question that always came for me was to make sure that the dose was correct to begin with and people are not going to take too much of it if they don't need to.

Dr. Wendy Myers

Okay, fantastic. Let's talk about some of the benefits of glutathione. With this type of technology you developed, you can bypass the gut and the skin barriers because like you said, it doesn't matter what you supplement with. It only matters what your body is able to absorb and utilize. So, given that, what are some of the benefits of taking glutathione that people can see?

Nayan Patel

Oh my gosh. You probably know way more than I do when it comes to treatment options with glutathione and what it is good for when we see the patients. But if your audience can just put in the favorite search engine, oxidative stress related diseases or conditions, the list is going to be a mile long, pages full of lists. Oxidative stress is linked to probably 80 percent of all diseases in the world. The key is, can we reverse all these diseases? Absolutely not. That's not what we're saying. What I'm saying is that if we can figure that out, hey, let's not wait until we're 30, 35 and start supplementing. Even at 20, have a diet that is rich in cysteine or glycine or glutamine, without the glycoside of course and see if we can improve those amino acids. If we can do that part, the body can constantly detoxify and keep the oxidative stress low. This oxidative stress is linked to inflammation, can link to insulin resistance, and has linked to hyperlipidemia, cardiovascular diseases. I mean, it can go as far as cancer. We want to stop the progression of all these diseases. It's what we all know. It's really hard to treat a problem.

The question is, can we prevent the problem? And the prevention comes from, can you keep your body in homeostasis, which is even killed on time, not toxic, not too little, right? Somewhere in between. And so, having a diet that is reaching all amino acids will be great. At a certain age, your body's not going to be able to produce enough glutathione. So, having a supplementation line ready that your body can really absorb and you don't have to go crazy on the supplementation, but even if it's a small low dose and just keep on replenishing it slowly but surely. I think there's a good chance that we can delay a lot of these diseases that we see in early age. And my goal, of course, is to prolong it forever.

Dr. Wendy Myers

Yeah, and it makes total sense. When you look at all of the toxins we're exposed to, the heavy metals, the chemicals, the toxins in our food, the pesticides, the toxins in our beauty care products and that are in the air, it's a big burden on the body and we need to provide our body the tools and the nutrients to combat all these toxins that were inevitably exposed to in our environment. No matter what we do in control, no how good your diet is, no matter how clean your beauty products are and what you've done to detox your home, et cetera, you're still exposed to so much and you've got to give your body the tools that it needs to handle this stuff and it pays huge dividends in the end. Glutathione is a body's master antioxidant. This would be a big focus of whatever detox program we were doing or whatever you're trying to accomplish with your health. Glutathione is so important. What about vitamin E? Doesn't vitamin E help to recycle glutathione to kind of maximize glutathione production recycling?

Nayan Patel

Yes, and you just said vitamin E, but there's more than just vitamin E. We have Vitamin E, then we have vitamin C, then coQ10, carnosine, the few ingredients that we have in the environment that are actually beneficial because glutathione is not easy to make inside your body. The body has a system where it recycles the glutathione. Every time glutathione gets oxidized, that means it quenches a free radical and gets neutralized. The free radicals themselves get oxidized. Two oxidized glutathione molecules come together and make into this GSSG molecule, which is an oxidized glutathione. It's very stable, sits in your body, and then it takes charges from vitamin

C, vitamin E, carnosine, sunlight, even low-grade sunlight. It takes energy to energy from there, and basically makes glutathione again.

The glutathione gets recycled into the body all the time. It does so because if it's just as an antioxidant property, your body does not want to lose the glutathione itself, because the bigger function for glutathione is a detoxification, and that is a one-way process. That means, all the glutathione in the process of detoxifying, it also loses the glutathione itself, and so your body has to keep on making new ones. So, yes, you're right. A lot of times we take supplements, we don't know why we take them, but this is a very good one because we take vitamin C, vitamin D, all those things to help increase the glutathione levels inside your body.

Dr. Wendy Myers

That's why I take supplements. Nutrition and detox are primary. Let's look at some of the health issues that if we improve the oxidative stress in the body, if we reduce the oxidative stress, can conceivably improve those conditions, like say, diabetes, which affects so many people. How does glutathione help with diabetes?

Nayan Patel

Well, diabetes is the latter part of the problem. The initial problem is insulin resistance. So, if you can tickle insulin resistance to begin with, hopefully people will not get diabetes. Once you get diabetes, there is no turning back from that one. My goal is that, if somebody has high levels of insulin, or has a high sugar level, but they're not diabetic yet, let's help them. Let's help them by reducing the oxygen stress time, because insulin is the most toxic chemical the body produces. Neutralizing the ill effects of insulin is critical for us. If we can do that part and somehow reduce insulin resistance down, hopefully the patient does not become diabetic. Well, that's the goal, right? Glutathione helps reduce that stress on your body, and by doing so we are hoping that it can prevent people from getting worse. Once you cross the line of being a diabetic, or having a cardiovascular disease, hyperlipidemia, or hypertension, whatever the disease is, once you cross the line, you can't come back. You can get healthier, but you cannot go back and say, oh, I'm no longer diabetic. You're still diabetic. You just don't have the symptoms anymore.

Ads 00:31:12

I want to give thanks to one of our sponsors. It's Glutaryl Transdermal Glutathione Spray. Glutathione is essential for detoxification and to promote energy, cleansing, and overall well-being. Glutaryl is the groundbreaking topical glutathione spray that's about to become your new wellness essential. Glutaryl delivers glutathione on demand through a multi-patented sub nanotechnology challenging the IV and the liposomal delivery systems currently on the market. Glutathione is key to balancing oxidative stress and free radicals and promoting longevity. Add Glutaryl to your longevity routine this year by visiting Glutathione at aurowellness.com, that's aurowellness.com and use code WENDY5 to get 5 percent off your first order.

Dr. Wendy Myers

Yeah, and toxins are the number one cause of diabetes in my opinion. Number one. Yes, it is, and you're looking at arsenic, you're looking at iron toxicity, you're looking at other heavy metals and chemicals.

Nayan Patel

Lead?

Dr. Wendy Myers

Lead, yeah, and taking glutathione can help to reduce those levels in your body as far as prevention.

Nayan Patel

We did another study because somebody wanted to take this glutathione molecule overseas and they found us. One did a clinical trial with us. It was a trial about heavy metal toxicities to see if we could see any increase in the excretion of the heavy metals inside the urine. I think they took 34 patients, gave them some glutathione and they're measuring before and after. They saw an increase of all those heavy metals coming out in the urine. They saw an increase in mercury, arsenic, and cadmium. They didn't see too much lead though because most of that, I think the lead is stuck in the lungs. So, they may use other chemicals for those. I'm sure you have something in your arsenal for lead, but for all the other ones like aluminum, glutathione really helped them out.

Dr. Wendy Myers

What about glutathione's role in brain health as well? Because everyone's very concerned, at least I am, about protecting your brain health, preserving brain function, and preventing dementia. How can glutathione help with brain health in general?

Nayan Patel

So this is my research right now, and I'm going all gung ho about that one right now, because if there's one thing I can do is to find something to heal our brain, because as of today, we have no cure for any of the brain disorders, Alzheimer's, Parkinson's, ALS, Huntington's, all those things. One thing we do know is that your brain is about 2% the size of your whole body. The brain is 2 percent of the size yet it consumes 20 percent of all oxygen we breathe in. So, the highest amount of oxygen stress in your body is in your brain. I think there's a huge role for glutathione in your brain to help reduce oxygen stress. Plus, keep in mind, your brain is almost 80 percent plus cholesterol. Okay. It's all fatty acids, right? And once the acids, once the fats get oxidized, it becomes very toxic as well. And so, how do I keep the brain functioning normally? Reduce oxygen stress. There is a researcher out there who has a system where they do a brain scan with an MRI and figure out the levels of glutathione from a scan. No more poking bloods. Now we can scan the brain and figure out what those brain levels glutathione are, and then, if that's the case, can we improve those levels in those areas of the brain where it's low. If we can do that part, then there's a potential in the future that we can target a problem with a specific product, and then help reduce oxidative stress down. I see a huge role coming in down the line. We have to do more research to figure that portion out, which we are working on right now, and hopefully in the next couple of years, we have something coming out for that as well.

Dr. Wendy Myers

You also have a skin care line as well. How does glutathione help with applying topically to your skin and with anti-aging?

Nayan Patel

Skin care is an option. When people are so focused on something and as a pharmacist, I was not even focusing on skin health at all. I said, oh, come on, that's somebody else's job, right? I was more worried about internally trying to figure out some solutions for my doctor. Everybody that used the glue gun came back to me and said, hey, you know what? This thing has really improved my skin tone. He goes, okay, well, in that case, why don't I create a skincare line with the same exact technology that I already have. But this time what I did was, instead of just giving them glutathione, I basically took all the antioxidants that are out in the market. I found what the concentrations were and I put everything into two products. That's it. I put all the antioxidants that are out in the market in two parts, like seven or eight different ingredients that are out there at full concentration into two parts. Thereby, here's a skincare line for you. So, it's nothing magic.

The magic is about the technology that we can take multiple products and combine them into one cream and give it to you. So, yes, we have a skincare line. We do have two serums basically, even though the creams are great, I still did X, a whole lot more glutathione for your face and also a lot more vitamin C for your face for two reasons. One is during the daytime, it gives some sort of barrier or some sort of system that can nullify all the free radicals that have been created. Even though you brush sunblock or sunscreen, your body is still going to produce a lot of oxygen stress. So, you have to neutralize those things. I created a vitamin C serum for the daytime to neutralize all those free radicals. And at nighttime, I use a glue with iron because even though you can put as much bronchial as you want, you're still going to have oxidative stress at night time. And so, at night time I put some glutathione to nullify any excess oxidative stress that's left over. It basically gives the body the chance to start on the next day tomorrow. By doing this, we have literally reduced so many dark spots, fine wrinkles, some of them coarse wrinkles as well, getting even the other of the tone of the skin. It just looks more vibrant. That's what we've known for now.

Dr. Wendy Myers

Yeah, it makes sense because when you're exposed to different toxins in the environment, they land on your skin. They're getting from the air, the sun, causing oxidative stress on your skin as well. You need topical antioxidants to combat all this

stuff. It makes perfect sense to apply the glutathione topically to your skin and your neck and your chest.

Nayan Patel

It is, Dr. Myers. You already know this part, but the highest amount of glutathione we have in our bodies is in the liver. So, the skin doesn't get much. So, if you apply topically, the skin gets first before it goes to the liver. It's better to put something topically for the topical benefits. If your face has some issues, put it in your face and then let your body heal the face first before it does other things with it.

Dr. Wendy Myers

Yeah, and then it'll absorb in and go where it's supposed to go after that, after it's gotten its allotment.

Nayan Patel

That's right. The skin, the face is to get the allotment first, right?

Dr. Wendy Myers

Yeah, very important. Is there anything else that we've left out of this conversation that you want the listeners to know about glutathione or the Glutaryl that you developed?

Nayan Patel

I just want everybody to know one thing, which is, I think we already addressed this once by the way. I will reiterate it one more time. More is not better. We have two concentrations of glutathione on our website, the Glitter and the Glitter Plus. The Plus is a stronger version and yes, you can use a stronger version, if you have a high amount of oxidative stress. If you do a Google search and you find out that, hey, I have high levels of oxidative stress, but you ask your doctor that, hey, you have a lot of stress, oxidative stress, and your needs are higher, go and take the higher dose one for a few months, but then switch over to the regular Glitter for maintenance anyways. So, more is not better.

Having the right amount is very critical and the best part is it doesn't sit your body for too long. Consistently apply it twice a day, make it part of the routine. You know what? I've learned that if I don't brush for a couple of days, I'm not going to get cavities. But if I don't use glue with that for a couple of days, I know my stress levels are increasing. This thing is becoming more than brushing my teeth every single day. I'm not saying don't brush your teeth anymore. By the way, please do not drink too much. I like my teeth. I brush my teeth every single day, twice a day. But this thing is as important, if not more important than brushing your teeth every single day. Please don't shortchange it. Be consistent. And literally within 30 to 60 days, you should see some results.

Dr. Wendy Myers

I agree. You don't want to scoop glutathione. It's really important with all the toxins in our environment, which I've been beating that dead horse for over 10 years on this podcast. I don't think I can get the point across any more clearly that we're exposed to a lot of toxins and we have to give our body the nutrients that it needs to defend itself. I've seen this with thousands of clients. When they start giving their body the precious nutrients and antioxidants they need to process and break down and eliminate all the many toxins we're exposed to, it pays huge dividends in your health with prevention, with anti-aging longevity, and improving your biological age.

Nayan Patel

It's simple things like Dr. Myers, we need to help your patients. I'm assuming the first thing they'll notice is, oh, I got too much energy now. Let go of the load. Let go of the excess baggage that you have inside your body. Get lighter, feel better, have energy so you can function better, you can do other things too.

Dr. Wendy Myers

Yeah, and speaking of that, how does glutathione help with mitochondrial energy production?

Nayan Patel

Oh my God. Chemically it takes three amino acids, two enzymes, two molecules of ATP and one molecule of NAD to produce glutathione. Okay. Ready? Now, if you take

glutathione from outside sources, and the body doesn't have to prepare that yourself, all of a sudden, excess of what, three amino acids, which they can use amino acids to build thousands of different peptides, two molecules of NAD, oh sorry, two molecules of ATP, which is an energy source. Initially, they'll use that energy to produce some other peptides, and then they've added D to produce other chemical reactions as well. After a couple of weeks, what they're going to notice is that they now have excess ATP inside their body, inside the mitochondria, and that's the intrinsic energy that they're going to feel. It's not caffeine energy. They're just going to feel good. I don't know what it is, but you know what? I'm getting things done better. I'm more focused. I just feel different. That's what they're going to notice real fast. And it's not like, uh, it's a subtle thing. It is. People are going to notice it pretty easily.

Ads 00:43:29

I want to give thanks to one of our sponsors, Pure Body Extra Zeolite. As you know, toxins are all around us, in the food that we eat, the water we drink, the air we breathe, and you can do something about it. With over 1 million bottles sold, Pure Body Extra Zeolite is changing lives with its natural detox. It's a nanonized zeolite that's proven pure and optimized to remove the toxins that have been building up in your body. It's just a few simple, taste-free sprays a day, and you can detox every single day. Get your bottle at thegoodinside.com.

Dr. Wendy Myers

What are some of the other benefits of taking glutathione? I know we touched on it, but I'd assume better sleep. If you have more energy, ironically, you need energy to sleep. It's an energy-intensive process. What are some of the other benefits?

Nayan Patel

Sleep is great. Fatigue is good. We talked about skin issues with discoloration of the skin. Glutathione can heal if the highest concentration is inside your liver. Anything that stems from your liver. A lot of liver issues that are out there. Cleansing the liver is a cornerstone. I'm not sure I should promote this, but you can better tolerate your alcohol. Because alcohol depletes your glutathione levels, if you have enough glutathione levels, you can better tolerate your alcohol. I'm not sure if it's a good thing. I know for sure it's not a good thing if you drink alcohol all the time. That's just

something that your body can do. Increasing mobility and increasing flexibility inside your body, are the kinds of things. My father, who, for the last 10 years, was using glutathione at the age of 79 to 89. For 10 years he used glutathione every single day. He was walking almost 6 miles per day in the late 80s, doing yoga, meditations, gardening, just enjoying life, and traveling the world. He could not do that when he was 60. He had more energy and more flexibility at the age of 85. Age is just a number. Hopefully, with your help, we can clean up everybody's body and help them live a good, healthy life.

Dr. Wendy Myers

Everyone, go check out Glutaryl at aurowellness.com. Do you have any discount codes for the listeners that want to try it?

Nayan Patel

We have Auro 10. I'm not sure that the discount codes are out there right now.

Dr. Wendy Myers

Maybe could we make one that's Wendy 10 to get 10 percent off? We can do a Wendy 10 coupon code at aurowellness.com to give you guys a little discount there. Any other tips you can give us? I know you mentioned four sprays a day, two times a day. Very, very simple. Four sprays twice a day.

Nayan Patel

Yep, four sprays twice a day. Very simple. Don't have to overdo it. Do not have to underdo it either. Other tips that I always recommend is no matter how much glutathione you can take, your mind is always working at a million miles an hour. What can we do to calm the brain down? I do it personally myself. I meditate every day. I strongly urge everybody to please close your eyes, do some deep breathing, focus on one thing, and just calm your mind down, and hopefully that will reduce the stress down in your brain as well and save some of the gluten for the rest of the body.

Dr. Wendy Myers

Okay, great. And just a one note, when I take it, it has a sulfur smell to it, which it's supposed to have because sulfur is what detoxes the body. That is why the top detox

foods are onions, garlic, the brassica vegetables that have sulfur in them, sulfur containing amino acids, that is the magic that helps your body and your liver detox. So, of course, the glutathione smells a little bit sulfury, which is totally normal and there's no way around that, but it dissipates. You rub it in a little bit, and it goes away.

Nayan Patel

That's right. It's also a little sticky. The sugar molecules that we use are a little sticky as well. We can rub it in the stickiness. The smell should go away. Once it's completely dry, you can put some lotion over it if you want to. If you're putting it on your face, put some skin moisturizer on your face afterward, but if it still bothers you, you can wash off that area in about 45 minutes because, by that time, all the glutathione is already absorbed.

Dr. Wendy Myers

Okay, great. It doesn't last that long. It's only like a couple of minutes and then you don't even notice. Well, thank you so much Dr. Nayan for coming on the show. Always a pleasure interviewing you. You are one of the guest speakers on my heavy docu-series. You talked about how toxins are promoting so many of the chronic health conditions of our time. You were an important guest on that docu-series. Thanks for coming on the show. Everyone, thanks so much for joining the Myers Detox Podcast and tuning in every week. I'm Dr. Wendy Myers. I love bringing all these experts from around the world to help you up-level your game to dramatically improve your health through the power of detoxification. I can't beat that dead horse enough. On the show, I love talking about anti-aging and bioenergetic and so many really important health topics that you're not going to hear about at all your conventional medical doctor or even your functional doctor as well. That's why I do this show to help to educate you. So, thanks so much for tuning in.

Disclaimer

The Myers Detox podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaims responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or

accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician. Thanks for listening.